

CLAIMS

1. A container for microwave oven cooking, comprising:
 - a main container body having a bottom and a main body side wall extending upward from said bottom, said side wall having a main body rim;
 - a lid having a lid top, a lid side wall extending downward from the lid top and having a lid rim engageable with said main body rim, said lid also having a recess formed in the lid top, the recess an opening;
 - a cap received in said recess of the lid, said cap having a cap bottom, and a cap side wall, the cap being received in the recess, and having at least one part engageable with a part of the lid, whereby, when the cap is in a lowermost position in said recess, said opening of the recess of the lid is closed by said cap;
 - said main container body, said lid and said cap providing an enclosure for containing food to be cooked;
 - said cap being movable upward relative to the lid by steam pressure;
 - interengageable elements on said lid and said cap for permitting and limiting upward movement of said cap relative to said lid as a result of steam pressure in said enclosure; and
 - at least one steam-releasing groove formed in one of said side wall of the recess and said cap side wall, said groove providing a path for the release of steam from said enclosure when said cap is moved upward relative to said lid by steam pressure within said enclosure.

2. A container for microwave oven cooking as claimed in claim 1, wherein said steam-releasing groove is formed in the side wall of the recess.

3. A container for microwave oven cooking as claimed in claim 1, wherein said steam-releasing groove is formed in the side wall of the recess and is step-shaped.

4. A container for microwave oven cooking as claimed in claim 1, wherein said steam-releasing groove is formed in the cap side wall.

5. A container for microwave oven cooking as claimed in claim 1, comprising interengageable elements on said main container body and said lid for permitting and limiting upward movement of said lid relative to said main container body as a result of steam pressure in said enclosure, said main container body said lid providing a gap for the release of steam when said lid is moved upward relative to said main container body.

6. A container for microwave oven cooking as claimed in claim 1, in which said main body rim comprises a shoulder extending laterally from said main body side wall, and a wall section extending upward from the shoulder at a location spaced laterally from said main body side wall, and in which said rim of the lid comprises a shoulder-engaging section engageable with said shoulder of the main body rim.

7. A container for microwave oven cooking as claimed in claim 1, in which said main body rim comprises a shoulder

extending laterally from said main body side wall, and a wall section extending upward from the shoulder at a location spaced laterally from said main body side wall, in which said rim of the lid comprises a shoulder-engaging section engageable with said shoulder of the main body rim, and in which said wall section has a first lateral projection, and said lid has a second lateral projection underlying said first lateral projection, and spaced therefrom by a distance permitting limited upward movement of said lid relative to said main container body as a result of steam pressure in said enclosure, said main container body said lid providing a gap for the release of steam when said lid is moved upward relative to said main container body.

8. A container for microwave oven cooking as claimed in claim 1, in which said interengaging elements comprise an inwardly projecting annular projection formed on the side wall of the recess, and an outwardly projecting projection formed on the side wall of the cap, said inwardly projecting annular projecting overlying, and being engageable with, the outwardly projecting projection when the cap is moved upward relative to the lid, and being spaced therefrom when said at least one section of the cap side wall is engaged with said part of the side wall of the recess.

9. A container for microwave oven cooking as claimed in claim 1, in which the height of said lid is at least as great as the height of said container main body.

10. A container for microwave oven cooking as claimed in claim 1, in which the bottom of said cap is concave when viewed from the bottom.